

Facelift (Rhytidectomy) Post Operative Instructions

These are some guidelines to help you during your recovery. They are not meant to be all-inclusive and you should call the office if you have additional questions or concerns.

1. Prior to your surgery it is important not to take aspirin, Motrin, or blood thinning products (including herbals or supplements) to minimize the chance of bleeding during your operation.
2. You will need a family member, spouse, or friend bring you to and from the medical facility. You will not be able to transport yourself home after surgery.
3. The surgery generally takes approximately 2 to 3 hours to perform.
4. Prescriptions for an antibiotic and pain medication will be given prior to your discharge home. Please take the full course of the antibiotic as directed and pain medication as needed.
5. The first post op visit to the office will take place 7-10 days after your procedure. We highly recommend you call the office or have a representative call to make the appointment.
6. You will have a large gauze bandage wrapped around your head when you come out of surgery. It should be snug but not strangulating. You may adjust the dressing if necessary, if unsure how, please call the office.
7. You will be very swollen and bruised for several days to weeks after your surgery. Do not be alarmed, it is normal. Keep your head elevated between 48-72 degrees at all times after your surgery (even to sleep). You may do this with extra pillows or in a recliner chair. This will help reduce the swelling following the surgery.
8. You may use ice packs (wrapped in moist washcloth or towel) for 15 minutes on and 15 minutes off to reduce swelling and bruising (Frozen vegetables make excellent ice packs).
9. You may sponge bath 48-72 hours after your procedure. Avoid getting the dressing wet. You may wash your face with a washcloth.
10. If a drain(s) were placed it should be emptied 3-4 times per day and the output recorded. The drain needs to be in a compressed state to be working. The drain is usually removed on the first post op visit in the office with little to no discomfort.
11. If you experience high fevers (T. 101), excess drainage from the incision(s), excess swelling, redness, pain, or foul odor, please contact the office at (302) 888-0508.